



ShipShape

Weight Management Program eNews | Winter 2015

Program Manager's Note

The Navy and Marine Corps Public Health Center (NMCPHC) is pleased to introduce Ms. Sally Vickers, Public Health Educator at NMCPHC, as the newly assigned ShipShape Program Manager. Ms. Vickers brings a wealth of knowledge and experience in public health education and will be instrumental in coordinating initiatives and efforts across the program. The previous ShipShape Program Manager, Ms. Diana Settles, is now aligned to the Occupational and Environmental Medicine Department within NMCPHC.

As the ShipShape Program continues to evolve, we are excited to announce the launch of the revitalized ShipShape Program website, which you might have heard about via the **press release** on Navy.mil. We encourage you to check out the new website, which boasts an improved site structure and navigation, a suite of new products and resources, and membership request to the new **ShipShape Program Facilitators Group** on milSuite.

Following the ShipShape Program's comprehensive overhaul including an updated curriculum and new roster and reporting forms, NMCPHC hosted three webinars for current ShipShape Program Facilitators to help familiarize them with the new curriculum and recertify them as facilitators using the updated program materials.

Please note that all current facilitators who attended training prior to 1 October 2014 are required to renew certification. If you missed the live webinars that provided the recertification training, you can recertify by viewing the recorded and archived half-day ShipShape Program Facilitator Training webinar which is posted on the NMCPHC ShipShape Program website. Also, if you or someone you know still needs to recertify, another method is to attend one of the additional in-person trainings in 2015:

- NEPMU-5, San Diego on Wednesday, 25 February 2015
- NEPMU-2, Norfolk on Friday, 20 March 2015

Learn more about training requirements, options, and qualifications or contact us via email at **NMCPHCPTS-ShipShape@med.navy.mil**.

GET READY. GET FIT. GET HEALTHY.

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Stay Connected to the ShipShape Program!

Visit our **website**, subscribe to the **newsletter**, or **contact us** directly. Engage with the program manager and other facilitators on the **ShipShape Program Facilitators Group** on milSuite!

Upcoming Dates

ShipShape Program Facilitator Trainings

25 February: NEPMU-5, San Diego, CA
20 March: NEPMU-2, Norfolk, VA



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Nutrition

Spotlight on supplements

There's no such thing as a quick fix. Yet, some Sailors and Marines try to accelerate weight loss with dietary supplements, instead of eating a balanced diet and engaging in regular physical activity. Unfortunately, the health and safety concerns associated with supplement use are every bit as real as the foods they attempt to replace. Remind ShipShape Program Participants to talk to their health care provider about using supplements and make sure to discuss these risk factors with participants:

- Supplements may disrupt sleep and cause an increase in blood pressure, headaches, or even stroke and other unfavorable reactions
- Supplements may alter the effectiveness of prescription or over-the-counter drugs
- Supplements may also lead to positive drug tests
- The U.S. Food and Drug Administration (FDA) does not review and approve supplements before they are made available to the public so service members could be taking something that is potentially unsafe or contain unknown ingredients
- Supplements that contain the stimulants ephedrine, and 1,3-dimethylamylamine (DMAA) are illegal and have been banned for retail in the United States, however available in other countries, that being said service members still have access. Service members should be aware that use of products with these ingredients are prohibited. They are typically found in the form of energy drinks, powders, sprays, capsules or tablets with the most abundant source in "weight loss products."



To learn more about supplements, download the "**How Safe are Dietary Supplements?**" and "**How Healthy are Dietary Supplements?**" fact sheets or go to Operation Supplement Safety at: <http://hprc-online.org/dietary-supplements/opss>.

Body

Ready, set, go!

Improving physical activity is one of the main goals of the ShipShape Program. However, for some ShipShape Program Participants, starting a physical fitness routine may be a challenge. People often make excuses as to why they can't get fit or be consistently active. "I don't have the time," "I'm extremely busy today," and "Exercise is boring" are some of the common excuses we often hear.

As ShipShape Program Facilitators, it's your mission to help participants overcome the barriers that prevent them from incorporating an active and consistent exercise program into their daily lives. It may be a challenge at first, but once they develop a mindset for fitness, you'll find that they might be surprised at how quickly physical activity becomes a habit. Here are some tips to give participants:

- Start at a comfortable level
- Try to be active everyday
- Continue to build on your activities, and add a little more each time
- Engage in fun physical activities like walking or running, tennis, team kickball leagues, etc.





**GET READY.
GET FIT.
GET HEALTHY.**

Remind ShipShape Program Participants that physical activity is anything that gets their body moving, and doesn't have to mean going to a gym! Tell participants to incorporate regular physical activity into their daily regimen — such as brisk walking, bicycling, swimming, basketball, mowing the lawn, and gardening. Reference NMCPHC's **Active Living** materials and additional **resources** for more information.



Mind

Mindful eating

Am I actually hungry? How hungry am I? Do I have healthy options available? These are all questions that ShipShape Program Facilitators should encourage participants to ask themselves before eating to simply “fill the void.” It's easy to get caught up in our daily activities and lose sight of the importance of eating right. Grabbing a bag of potato chips or a chocolate bar is often more tempting and convenient than reaching for an apple or banana.

Mindful eating is all about eating with the right intention (flavorful, nutritious options) and full attention to what's going into our bodies (understanding how certain foods can impact mind and health).

Focusing our mind on what and how we eat can assist in changing thoughts and behaviors related to food. If ShipShape Program Participants regularly make poor food choices or overeat, practicing mindful eating may help improve their eating habits and make a big difference towards launching a healthier lifestyle.

Share **tips and techniques** on mindful eating with your ShipShape Program Participants.



Weight Management in the News

According to a recent study in the American Journal of Public Health, more than 40 percent of U.S. Internet users use online search engines to seek guidance on weight loss and weight management strategies.¹ Further, the study also revealed that the first page of results (e.g., using search engines like Google, Firefox, etc.) is likely to display more poor quality weight loss information. The study found that high quality, trustworthy weight loss information often appears after the first page of search engine results. Why is this? Companies and websites improve their “page rank” via purchased search terms and with that they optimize specific content (terminology) throughout their site. When you search a specific term such as “diet” these sites readily pick up on this giving them priority on the search engine results. Sites that are .gov, .org, or .edu typically do not or cannot pay these fees which pushes their site listing to a lower level on the page.

While the Internet is a powerful tool containing an abundance of information and resources that can help individuals set weight management goals and objectives, remind ShipShape Program Participants

that they should only rely on sources that are reputable and credible when searching online for weight management information. Some credible sources include the Centers for Disease Control and Prevention (CDC), scientific journals and articles, accredited higher education institutions, the National Institutes of Health, and the US Department of Health and Human Services (DHHS).

Discover tips on how to find and identify **credible health information** on the internet.



ShipShape Program News

NMCPHC recently published the new “ShipShape Program Facilitation Guide.” The purpose of this guide is to give ShipShape Program Facilitators an overview of their role as facilitators and the resources and guidance needed to be successful in that role.

Download the **ShipShape Program Facilitation Guide** on milSuite today!



For more information, resources, and tools to support weight management, visit **HPW's Weight Management Web page**.

¹ François Modave, Navkiran K. Shokar, Eribeth Peñaranda, Norma Nguyen. **Analysis of the Accuracy of Weight Loss Information Search Engine Results on the Internet.** *American Journal of Public Health*, 2014; 104 (10): 1971 DOI: [10.2105/AJPH.2014.302070](https://doi.org/10.2105/AJPH.2014.302070).